



Learning Technology
Center 1 Central

Stilgebauer Award 2010 – Application Form

Please provide the information below. This application form needs to accompany the Project Summary for the project to be considered for a Stilgebauer award. Individuals or teams may complete the required information for their own project(s) or for another teacher or group's project

| | |
|---|---|
| Project Name: <u>Giving Meaning to Our Steps</u> | |
| School Regional Area | <input checked="" type="checkbox"/> North Cook <input type="checkbox"/> South Cook <input type="checkbox"/> West 40 |
| District Name | <u>Northbrook School District 28</u> |
| District No. | <u>28</u> |
| Name(s)-Teams with up to 5 members will be accepted! Include all names. | Email Address(s) |
| * <u>Bill Norris</u> | * <u>W Norris @ Northbrook28.net</u> |
| * <u>Jen Rogovin</u> | * <u>J Rogovin @ Northbrook28.net</u> |
| * <u>Sue Jeyce</u> | * <u>S Jeyce @ Northbrook28.net</u> |
| * <u>Jennifer Durst</u> | * <u>J Durst @ Northbrook28.net</u> |
| * | * |
| School Name | <u>Westmoor</u> |
| School Street Address | <u>2500 Cherry Ln</u> |
| School City, State, Zip | <u>Northbrook, IL 60062</u> |
| School Phone Number | <u>1 847 504 3617</u> |
| If you are providing information to nominate another teacher or group, please provide your information below (if different from those named above). | |
| Nominator's Name | |
| Nominator's Phone # | |
| Best Contact Time | |
| Nominator's Email | |

Please attach the Project Summary to this form and send to Learning Technology Center One Central at 2701 W. Washington Blvd., 2nd Floor, Bellwood, IL 60104

Giving Meaning to Our Steps

1. **Name of Project:** Giving Meaning to Our Steps
2. **Project Abstract:** Our 4th grade students are using www.walkacrossillinois.org to log steps they take in physical education class in an attempt to virtually walk across Illinois. The PE teacher has the students using pedometers in class and records the number of steps they take in class. The 4th grade classroom teachers give the students' times to enter their steps into the web site and provide discussion time to learn about the places they are virtually traveling to in our state.
3. **Grade level(s):** 4th grade students
4. **Subject area(s):** Physical Education, Technology, and Geography
5. **Technology Used:** Computers and on-line
6. **Other materials used:** Pedometers
7. **Standards:** ISTE Standers: This projects main focus is on Standard 5: Digital Citizenship c. Demonstrate personal responsibility for lifelong learning. d. Exhibit leadership for citizenship b. Exhibit a positive attitude toward using technology that supports collaboration, learning and productivity. Standard 6: Technology Operations and Concepts Students demonstrate a sound understanding of technology concepts, systems, and operations a. Understand and use technology systems. b. Understand and use technology systems.
Illinois Standards: 20.A.1b Engage in sustained physical activity that causes increased heart rate, muscle strength and range movement. 10.A.2c: Make reactions and decisions based on data and communicate their reasoning. Mathematics: Data Analysis and Probability 10.B.2d: Interpret results or make relevant decisions based on the data gathered.
8. **Process:** In the first few weeks of school, the students in 4th grade created an account with www.walkacrossillinois.org . The students had to come up with a user name and password that they would be able to remember when using this web site. When the 4th grade students walk into the gym for physical education class, they put on a pedometer to track their steps taken in class. Students are doing this to self assess themselves against a step goal the physical education teacher has set based on the activity. (State Goal 20). At the end of class, students log the number of steps they took in class. During the week, the classroom teacher provides time for the students to log into walkacrossillinois.org and enter their mileage. This process is completely student driven due to the fact that the student has created his/her own account, put on the pedometer in physical education class with out being told to, enter his/her mileage at www.walkacrossillinois.org on his/her own and learn facts about the places he/she has walked to via the web site. The students: During this time the students are able to learn facts about places they have virtually traveled to in Illinois.
9. **Integration:** Using walkacrossillinois.org has impacted learning in many ways. 1. It has given meaning to the steps/movement the students take in class. Before walkacrossillinois.org, the students recorded the number of steps they took in physical education class, but the number had little meaning

to them. Using walkacrossillinois.org the students have a greater understanding of how much work/movement they are doing in class. The students are also excited about getting more movement so they can virtually travel across Illinois faster. 2. In fitness it is well known that recording the amount of exercise is beneficial. By using walkacrossillinois.org, the students are able to record their movement in a 21st century way that the students can do throughout their lives and not just in school. 3. The students are able to learn about places in Illinois on their virtual trip. 4. By using technology in physical education class, it has shown the students and parents that physical education class is more than just throwing out a ball or playing tag games all day. This also allows students that just walking, a life long activity can be a great form of exercise. In terms of higher order thinking skills, I have had many students and many parents inform me that the student went home and taught their parents about www.walkacrossillinois.org program and now their parents are using this web site to log their movement. The biggest benefit to the learning environment in physical education class is the excitement the students have. They seem to be truly excited about this program! Another benefit to the learning environment in the classroom is the ability for the students to learn about Illinois. After a student logs a set number of miles the web site informs the student where they are on their journey and information about the location. The students are also learning how to use a web site, how to create an account and coming up with a safe account name and safe password.

10. **Reflection:** This project has changed the way we teach in many ways. 1. We, the forth grade teachers and the physical education teachers are now working together in new ways to help students. 2. The physical education teacher can now provide an answer, which 4th grade students can understand, about the distance and the amount of steps they take in class. 3. Students come to PE class excited to express how far they have traveled, which leads to better conversations with students. 4. By working on this project we, the 4th grade teachers and the physical education teachers, are coming up with new ways to teach, manage time, and work together, which we feel benefits both the students and the staff. We the teachers are also learning how to teach using technology; the importance to take the time to teach basic information when teaching about using a web site, the importance of have an administrator access to all student accounts, and communicating with the web site host to benefit the program. In terms of how students learn: we feel the students have a better understanding of how much they are moving and/or not moving in physical education class. We feel students are starting to understand how the internet can be used in a positive way, in terms of physical activity. We also think the biggest benefit the students are gaining is in teaching their families about this web site, how to use this web site, and the benefits of keeping track of their exercise.